



LIVONGO MEANS

Living the healthier life I want.

Get tools and coaching support to help lose weight, keep it off, and develop long-term healthier habits—all at no cost to you.



PROGRAM BENEFITS:

- ✓ One-on-one coaching
- ✓ Smart scale
- ✓ Personal meal & nutrition plans
- ✓ Easy-to-use app & dashboard
- ✓ Guidance on healthy habits



Registration details coming soon!

The program is offered at no cost to employees and their covered spouse/dependents 18+ years old with prediabetic risk factors and coverage under the Wellmark Blue Cross and Blue Shield plan.

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Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc., ("Livongo") is an independent company providing diabetes prevention and diabetes management services to Wellmark customers.